



7. Frühjahrslauf des BSV AOK Leipzig

Leipzig / 21.03.2009

Detailed evaluation

Richter, Jens

Club: LC Auensee Leipzig

Number: 250

Course: 9.67 km

10 km-Lauf

Category:

Männer M40

Total time: 51:41

Speed: 10.45 km/h

Running performance: 5:20 min/km

Rank in course/Total: 188 (of 265)

Rank in course/Men: 160 (of 194)

Best time in course: 32:34

Rank in category: 29(of 37)

Best time in the category: 32:46